

## Counselling

Support to work through a problem.

### Quitline

 13 7848

☎ 13 7848

Phone support and coaching to help people to quit smoking or vaping with optional 'call back'.

### Kids Helpline

 kids helpline

☎ 1800 55 1800 (24/7)

Online and phone counselling and information service for young people (5-25yrs).

## Crisis Counselling

Support to work through severe distress or crisis.

If you are in immediate danger, please call "000" or go to an emergency department.

### Lifeline

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☎ 13 11 14 (24/7)

Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.

### Suicide Call Back Service

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☎ 1300 659 467 (24/7)

Online, telephone and video counselling for people (15yrs+) in Australia who are feeling suicidal or affected by suicide.

### 13YARN

 13YARN

☎ 13 92 76 (24/7)

Callers who are feeling worried or no good can have a confidential yarn to an Aboriginal and Torres Strait Islander crisis supporter over the phone.

### 1800RESPECT

 1800RESPECT  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

☎ 1800 737 732 (24/7)

Phone, video, SMS and web-chat counselling for anyone who has experienced, or is at risk of domestic, family, or sexual violence.

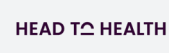
## Digital Mental Health

Digital mental health resources are online programs and tools, apps, and other phone and video-based platforms that deliver mental health support. They can be used alone or in combination with support from your GP or face-to-face therapy.


These resources are based on research evidence, free or low cost, and easy to access at a time that suits you, with just a phone or an internet connection. Some services even allow you to remain anonymous.

If you are unsure what type of support you need or you find that you need a bit more help, you might need a professional assessment to work out why you are feeling this way. Your GP, mental health professional or Aboriginal and Torres Strait Islander health worker is a great place to start.

### Head to Health

 HEAD TO HEALTH Connecting all Australians to mental health support.

### WellMob

 WellMob *Heading Our Way* Digital social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People.

*This brief guide provides a list of digital mental health resources suitable for alcohol and other drug use and addictive behaviours. This list is not exhaustive and represents only Australian products. For other relevant resources see Head to Health.*

*This guide is for general information purposes only and is not a substitute for professional mental health advice. For more information on mental health assessment or treatment, visit your GP or other mental health professional.*

*This brochure is not to be used for commercial purposes.*



# eMHprac

E-MENTAL HEALTH IN PRACTICE


## Digital Mental Health Resources for Alcohol and Other Drug Use and Addictive Behaviours




eMHPrac is funded by the Australian Government

## Psychological Treatment


A structured, interactive psychology-based intervention for a mental health issue.




**Counselling Online**  
Webchat counselling, online modules, self-management tools, self-assessment tools, and a community support forum for people using alcohol and other drugs.



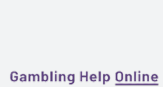
**Crystal Clear**  
Brief online program to help people who use ice to reflect on their current use.



**Quit**  
Information, tools, and planning resources for people at any stage of trying to quit smoking or vaping.




**QuitCoach**  
Free, personalised quitting plans to support people to quit smoking.




**Gambling Help Online**  
☎ 1800 858 858 (24/7)  
Telephone and online counselling, online community, self-assessment, resources and self-guided modules to harness motivation and support the progress of anyone affected by gambling.

## Information


Learn more about what is going on and what getting better looks like.



**National Alcohol and Other Drug Hotline**  
☎ 1800 250 015 (24/7)  
Confidential phone support for people with alcohol or other drug concerns.




**Alcohol and Drug Foundation**  
Advice on talking about drug and alcohol use, strategies to reduce risk, and information on the effects of alcohol and different drugs.




**Positive Choices**  
A portal connecting parents, caregivers and school communities to education resources and information on youth alcohol and other drug use.

## Symptom Management and Wellbeing Tools


Tools to help cope with mental health symptoms or improve mental wellbeing.



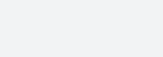
**Alcohol and Drug Foundation 'Text the Effects'**  
Anonymously SMS the name of a drug to receive information about its effects, signs of overdose, and tips to reduce harm.




**My QuitBuddy**  
An app to help people quit smoking or vaping, providing support to overcome cravings, track symptoms and progress, and link with an online community.



**become**  
Self-guided online program to support the wellbeing of people who have experienced trauma and use alcohol or other substances.



**QuitMail**  
Email support to help people quit smoking or vaping, providing targeted tips and tracking for financial and health gains.




**QuitTxt**  
Daily SMS messaging to help people prepare to quit smoking or vaping, maintain motivation and stay on track.

## Peer Support


Connect with others who have been in the same position.




**Breathing Space**  
Secure app or web forum providing access to an online community of peers to improve wellbeing and resilience while supporting someone with drug or alcohol use.



**Hi-Ground**  
Online community to educate, reduce harm and support people who use drugs.




**Daybreak**  
An app providing community support and tools to help people change their relationship with alcohol.




**iCanQuit**  
Planning tools and online community support to quit smoking.

## Screening and Referral


Check your symptoms and find further help.




**eClIPSE**  
Portal to access self-assessments, craving management tools and programs for people (16yrs+) with a range of co-occurring mental health and substance use issues.




**Pivot Point**  
Information, self-assessment, tips and resources relating to alcohol and other drug use for people in the LGBTIQ+ community.



**Alcohol and Drug Foundation 'Path2Help'**  
Online portal for individuals, or family and friends seeking alcohol and other drug services in their area.




**Hello Sunday Morning**  
Strategies and self-assessment tool for people wanting to change their relationship with alcohol.



**The Online Clinic**  
Mental health self-assessment and personalised feedback for adults (18yrs+) with free or low-cost suggested support services. Not a substitute for professional assessment or clinical advice.

## Aboriginal and Torres Strait Islander People


Resources to support connection to Country, culture, spirituality, family and community.



**Strong Spirit Strong Mind**  
An online hub promoting Aboriginal culture as central for strengthening social and emotional wellbeing, and reducing harm from alcohol and other drug use.



**Yarn Safe**  
Resources for young Aboriginal and Torres Strait Islander People on mental wellbeing, stress and pressure, relationships and alcohol and drugs.



**Yarning SafeNStrong**  
☎ 1800 959 563 (24/7)  
A service for Aboriginal and Torres Strait Islander People providing a safe space to yarn with someone about wellbeing, including financial wellbeing and drug and alcohol issues.